



# Application 2006-2007

A Tradition of Health in all Utah Schools



For more information visit:  
[www.hearthighway.org/gms](http://www.hearthighway.org/gms)



# Introduction

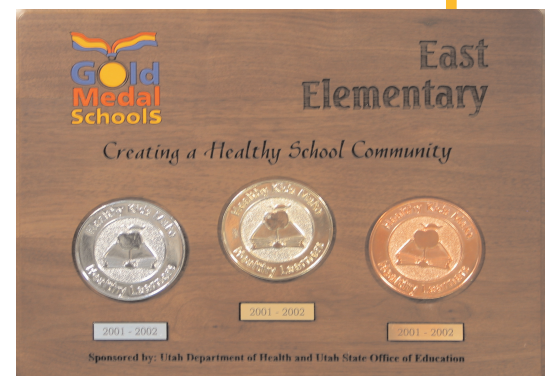


Gold Medal Schools (GMS) is a statewide school health program that offers financial incentives for participation. Through a partnership between the Utah Department of Health and Intermountain Healthcare, more than 200 Utah elementary schools have participated in this program since 2001. These schools have provided their students with an atmosphere that supports academic success by improving policies and environments that support good nutrition and physical activity. Now is the time for your school to join this elite group of schools. Once you join, your school will be supported by a mentor, your Local Health Department (LHD), and the expertise of the Gold Medal Schools Team at the Utah Department of Health. Participating schools have up to five years to achieve the Bronze, Silver, Gold, Platinum, and Platinum Focus levels and earn a grand total of \$1500 for physical activity and/or nutrition resources.

Attached is the awards criteria for the five different levels: Bronze, Silver, Gold, Platinum, and Platinum Focus. To participate, you will need to appoint a volunteer GMS school coordinator from your school (more information on the back) and then submit this application to the GMS program. We will notify you once we receive and process your application. Then, beginning in the 2006-2007 school year, you will be on your way to becoming one of Utah's Gold Medal Schools.

## Award Money and Incentives

**\$200 Bronze**  
**\$300 Silver**  
**\$500 Gold**  
**\$300 Platinum**  
**\$200 Platinum Focus**



A total of \$1500 is possible over the period of three to five years. Schools will also receive plaques once they achieve the Gold and Platinum Focus levels.

# Why Should My School Participate?



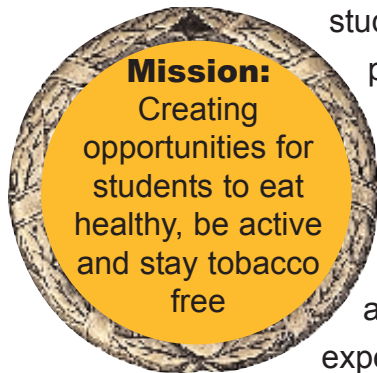
- ✓ Studies demonstrate that students who are physically active and have good nutrition habits achieve higher test scores.
- ✓ Gold Medal Schools will make lasting healthy lifestyle changes.
- ✓ Gold Medal Schools does not target curriculum changes.
- ✓ Twice as many Utah children are overweight as were 20 years ago.
- ✓ Of children ages five to 15 who are overweight, 61% already have one or more risk factors for heart disease.
- ✓ Studies show that faculty and staff who are physically fit and practice good nutrition report more energy, fewer absentee days, and greater job satisfaction.
- ✓ Your school will be awarded cash for each medal level achieved.

## What is the Cost and Time Commitment?

Gold Medal Schools (GMS) comes complete with resources and a strong support team. GMS will not require money from your school. In fact, each participating school receives a \$100 stipend each year to implement the program. The time commitment involved will depend on which medal level your school is working toward. You determine your school's pace for achieving each level.

Please carefully read the enclosed criteria to see what your school can do to reach each level.

Your volunteer school coordinator will work closely with a mentor from a local health department or a



student from a University program. The Utah Department of Health Heart Disease & Stroke Prevention Program staff, including nutrition and physical activity experts, will also assist and

provide direction to your school. Through this partnership and the support of your school staff, we are confident that Gold Medal Schools can be successfully implemented in your school.

## How Does My School Sign Up?

**Before applying, faculty and staff should be made aware of the school's intent to participate in Gold Medal Schools.**

**Although faculty will not be burdened, school support is vital to the success of this program.**

**After recruiting a volunteer school coordinator, please fill out and submit the attached application no later than May 31, 2006. Your school will be notified once we receive your application and your participation has been confirmed.**

# School Coordinator Information



Thank you for your interest and dedication to the health of your school. Without you, this program would not be possible. One key to the success of past Gold Medal Schools (GMS) is good communication between the school coordinator, mentor and Local Health Department (LHD). Your mentor will be employed by the Utah Department of Health, or will be an LHD employee with training and expertise in the field of health. The mentor serves as a resource to your school and will be available throughout the entire school year. The school coordinator serves an important role by communicating regularly with the mentor, supporting the GMS criteria, and generating support from teachers, food personnel, and school administration.

## WHAT DOES A SCHOOL COORDINATOR DO?

- ✓ Attend an all day training to learn about GMS on **Friday, August 11, 2006.**
- ✓ Attend an all day Physical Activity training (if your PE specialist is unable to come) in **January 2007.**
- ✓ Generate school faculty and staff support and promote the GMS criteria.
- ✓ Establish regular communication with your mentor, teachers, and LHD.

## HOW WILL YOU ASSIST THE SCHOOL MENTOR?

- ✓ Coordinate the GMS Kick-off assembly by **Thursday, November 30, 2006.**
- ✓ Coordinate the GMS Year-End assembly in **May 2007.**
- ✓ Determine current school policy for physical education, nutrition, tobacco prevention, and staff wellness programs.

## WHAT ARE THE BENEFITS OF BEING A SCHOOL COORDINATOR?

- ✓ Help implement school policies to change life-long health behaviors.
- ✓ Access to the Utah Department of Health's innovative trainings and workshops.
- ✓ Access to physical activity and nutrition resources.
- ✓ Satisfaction of knowing that you are making a positive difference in the health of your students.

**We are excited to welcome  
you to our team**



# Application Form



Date \_\_\_\_\_  
School \_\_\_\_\_  
School District \_\_\_\_\_  
School Addresss      Street \_\_\_\_\_  
   City \_\_\_\_\_ Zip Code \_\_\_\_\_  
School Phone \_\_\_\_\_  
Fax \_\_\_\_\_  
Principal Name \_\_\_\_\_  
Principal Email \_\_\_\_\_  
Total Number of Staff (Full and Part-Time) \_\_\_\_\_  
Grade levels in the school \_\_\_\_\_  
Number of Students \_\_\_\_\_ Number of Teachers \_\_\_\_\_  
Year Round ☐ Traditional ☐

Name of volunteer Gold Medal School Coordinator \_\_\_\_\_  
Position or Title \_\_\_\_\_  
E-mail Address \_\_\_\_\_  
Home Phone \_\_\_\_\_  
Home Address      Street \_\_\_\_\_  
   City \_\_\_\_\_ Zip Code \_\_\_\_\_  
PTA President \_\_\_\_\_ Phone \_\_\_\_\_

## **Signatures of Support:**

I have read and understand the expectations of our school as a participant in Gold Medal Schools.

Principal \_\_\_\_\_ Date \_\_\_\_\_  
School Coordinator \_\_\_\_\_ Date \_\_\_\_\_

**Please return this application no later than **May 31, 2006****

**GOLD MEDAL SCHOOLS**  
**Utah Department of Health**  
**P.O. Box 142107**  
**Salt Lake City, UT 84114-2107**  
**Or fax to: 801-538-9495**  
**Attn: GMS Applications**

**For questions concerning  
this application,  
please call: 801-538-6240**